



What is AquaGo?

The new physical and aquatic literacy program developed by Canada Artistic Swimming, a nation-wide grassroots foundation program for artistic swimming in Canada. This new program reflects the current

science behind long-term athlete development (LTAD) in the sport of artistic swimming, focusing on developing aquatic literacy as well as providing an introduction to the sport.



Swimmers should be comfortable in the water and jumping into the water without the assistance of a life jacket

 Have previous beginner swimming lesson experience

Aquatic Fundamentals, with a focus on the FUN part!

Choice of: Wednesdays or Fridays 4-5 pm

SESSION 1:

- 1. Wednesdays Oct 19-Dec 14
- 2. Fridays Oct 14-Dec 16

SESSION 2:

- 1. Wednesdays Jan 11-Mar 15
- 2. Fridays Jan 13-Mar 17

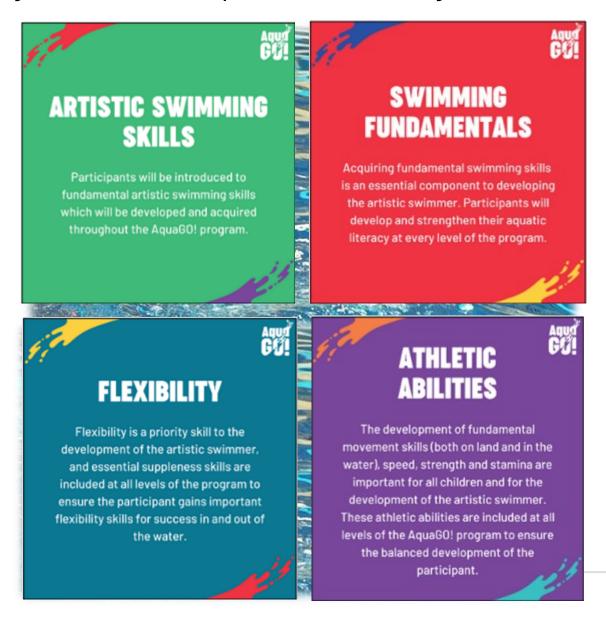
SESSION 3:

- 1. Wednesdays Apr 12-Jun 14
- 2. Fridays Apr 14-Jun 16





The program is based on the four pillars of artistic swimming skills:



Program consists of 6 levels. There is ongoing assessment over the course of the lessons with Mid-Session feedback and Progress Reports. Swimmers earn new swim caps with each level achieved.





COSTS:

Annual club registration fee: \$50 covers registration with BC Artistic Swimming & Canada Artistic Swimming (*Note the club fee is paid once per year*)

SESSION 1: \$157.50 (9 classes)

SESSION 2: \$175 (10 classes)

SESSION 3: \$175 (10 classes)



Payments:

Payment Summary for Registration:

Cheque:

Mail one cheque payable to 'Victoria Artistic Swimming' in the amount of your session fee plus the one time \$50 registration fee (if registration fee paid for 1st session you don't need to pay again for other sessions).. Mailing address: 100-4636 Elk Lake Dr, Victoria BC, V8Z 5M1

ETransfer:

Instructions given after registration









Victoria Artistic Swimming AquaGo Program Cancellation Policy:

The family of a swimmer that wishes to withdraw from an Aquago session must notify the registrar (jennifervicsynchro@gmail.com) and bookkeeper (chris.victoriasynchro@shaw.ca) of the club. The initial Club Registration Fee is non-refundable. If notice of withdrawal is received before class number 5 then a pro-rated refund will be given. No refunds issued if withdrawal is after class 5.

HOW TO REGISTER:

GO to our website: victoriasynchro.com

CREATE YOUR ACCOUNT:

- click 'sign in' in upper right corner
- Follow prompts to set up your account
- Complete your account profile (that is your information) and <u>add member (this</u> <u>is your swimmer!)</u> to be able to register
- you can add multiple contact emails if needed

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SIGN IN TO YOUR ACCOUNT

- go to website and click 'sign in' in upper right corner
- Ensure all information is up to date including emergency contacts

REGISTER:

- 1 Look under 'Programs' tab at top
- 2 Scroll down to the 'Recreational Programs' section and under this click on:

Explore or Register

- 3 Under 'AquaGo' click on:
- Register
- 4 Follow registration instructions

You will receive a confirmation email after you have registered, this will include any forms required.